

November 2018

Anne Gordon Center for Active Adults 919-996-4720
1901 Spring Forest Rd Raleigh NC 27615



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00a-12:00p Miniatur. Guild \$ 11:15a-12:15p Learn to Line Dance * 1:00p-2:00p Social Sec Strat * 4:00p-6:00p Iceland Trip Meet *	2
5 9:30a-4:00p SHIIP Counseling by Appointment only * 10a-11:30a Apple Laptop2 \$ 1:00p-4:00p Quilting Inter \$ 1:30p-2:30p Noggin Joggin *	6 9:15a-12:15p Landscape Into Art \$	7 10a-3:45p Adult Trip Durhm \$ 10a-12:00p iCloud iLaptop \$ 2:00p-4:30p Wed Movie * Game Night – R 3:00p-4:30p Comp Basics1 \$	8 10a-12p Card Making \$ 11:15a-12:15p Learn to Line Dance * 2p-3p Veteran's Aid *	9
12 <i>Closed Veteran's Day Holiday</i>	13 8:30a-1:30 Adult Trip Aloha Zoo \$ 9:15a-12:15p Landscape Into Art \$	14 10a-12p Apple Time Machine \$ 2:00p-4:30p Wed Movie * Woman Walks Ahead– R 3:00p-5:00p SIRI intro \$	15 10:00a-12:00p Miniatures Guild \$ 11:15a-12:15p Learn to Line Dance *	16
19 9:30a-4:00p SHIIP Counseling by Appointment only * 1:00p-4:00p Quilting Inter \$ 1:30p-2:30p Noggin Joggin *	20 9:15a-12:15p Landscape Into Art \$	21 2:00p-4:30p Wed. Matinee * Oceans 8 - PG-13	22 <i>Closed Thanksgiving Holiday</i>	23 <i>Closed Thanksgiving Holiday</i>
26 9:30a-4:00p SHIIP Counselling by Appointment only * 10a-11:30a Cutting the Cord \$ 1:00p-4:00p Quilting Inter \$	27 9:15a-12:15p Landscape Into Art \$ 5:00p-9:30p Adult Trip Cary	28 10a-11:30a Comp Basics 2 \$ 2:00p-4:30p Wed. Matinee * Mama Mia 2- PG-13 3p-5:00p iPhone Basics 1 \$ 4:30p-6:00p NY Trip Meet *	29	30

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:15 Chair Yoga \$	9:15 -10:00 AIM Fitness \$	9:30-1:00 55+ Club Cards \$	9:15-10:00 AIM Fitness \$	9:00-12:00 Men's Friday Morning *
10:30-11:30 Gentle Yoga \$	9:15-10:00 Zumba Gold \$	1:00-3:00 Open Play Cards and Mah Jongg *	9:15-10:15 Gentle Yoga \$	9:15-10:00 Zumba Gold \$
11:45-12:45 Dance Xross Fitness \$	10:15-11:00 AIM Fitness Intermediate \$	2:00-4:30 Wednesday Matinee* (over for movie titles)	10:15-11:00 AIM Fitness Intermediate \$	9:30-12:00 Bingo \$
1:00 -1:45 T'ai Chi Chair Beginners \$	10:30-11:15 Qi Gong \$	3:30-4:30 Gentle Yoga \$	10:30-11:15 Chair Yoga \$	10:30-11:15 Qi Gong \$
2:00-2:45 Tai Chi Intermediate \$	11:30-12:30 Shibashi \$		11:30-12:15 Chair Yoga \$	11:30-12:15 Qi Gong for Joint Health \$
3:00-3:45 Tai Chi Adv. \$	12:15p-1:15p Gentle Yoga \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	12:30-4:00 Open Play Cards and Mah Jongg *
4:00-5:30 Line Dance Open Studio *	12:30-3:00 Open Play Cards and Mah Jongg*		1:00-1:45 Zumba Gold \$	1:00-2:00 Line Dance Beginner/Improver *
	1:00-1:45 Zumba Gold Chair \$		1:30-2:15 Tai Chi Beginners \$	2:15 - 3:15 Line Dance Introduction *
	2:00-2:45 Ageless Grace \$		2:00-4:00 Knitting and Cro- cheting \$	
	2:00-4:00 Knitting and Cro- cheting \$		2:30-3:15 Tai Chi Adv Sun Style Part 1 \$	
	4:00-5:30 Line Dance Open Studio *			

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants may be cancelled, and **several classes fill up!** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.